

A 10 second test that could save your eyesight

This Amsler Grid is used for the early detection of macular degeneration.

1. If you normally wear glasses to read, put them on
2. Look at the grid, holding the page at your normal reading distance
3. Cover one eye and look at the dot in the centre
4. Without moving your eye off the dot, see whether any of the lines in the grid are wavy, missing or blurred. If this happens, please see your usual eyecare provider immediately
5. Repeat with the other eye

